Lakwayme Jupiter

Internship

Professor Pietryk

This week I worked 16 hours with the football team which was the goal I wanted but I overdid it with over 6 more hours. What happened this week was hard, especially with the hours I worked. I did a lot of things a coach has to do like do paperwork for the team. Did over 100 new max sheets for the team which was nerve-racking and took a lot of time to do. Then after that I entered the weight room and did the same thing as always, but Coach Blake wasn’t in there at times due to a cold. So, me and two other coaches ran the workouts during his little bit of time trying to get over his cold. Other than that, the week went pretty good just was tired from all the work I did but Friday morning killed me with the 6 am workouts wit the team.